

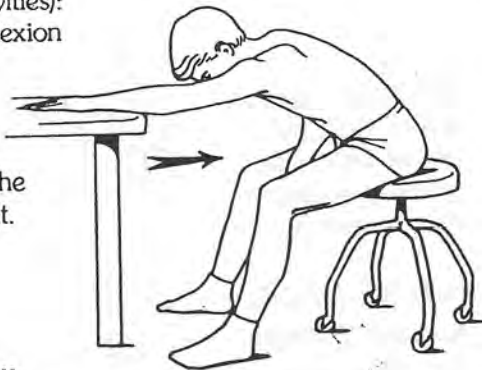
Shoulder Rehabilitation Exercises

SHOULDER - 7

Range of Motion Exercises
(Self-stretching activities):
Flexion

Sitting upright, slide forearm forward along table as you bend from the waist until a stretch is felt.

Hold 15 seconds.
Repeat 2-3 times.
Do 3 sessions per day.



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SHOULDER - 8

Range of Motion Exercises
(Self-stretching activities):
Flexion(alternate)

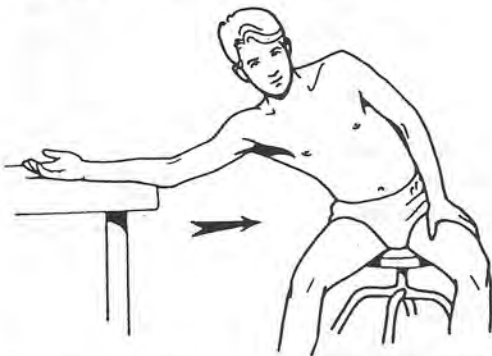
Slide arm up wall with palm toward you by moving closer to wall.

Hold 15 seconds.
Repeat 2-3 times.
Do 3 sessions per day.



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SHOULDER - 9 Range of Motion Exercises (Self-stretching activities): Abduction



With arm resting on table, palm up, bring head down toward arm as you simultaneously move trunk away from table.
Hold 15 seconds. Repeat 2-3 times.
Do 3 sessions per day.

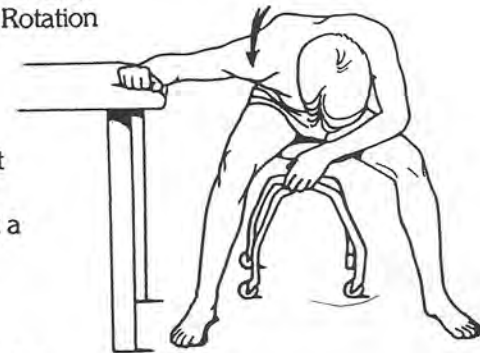
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SHOULDER - 10

Range of Motion Exercises
(Self-stretching activities):
External Rotation

Bend forward at waist keeping forearm on table palm down until a stretch is felt.

Hold 15 seconds.
Repeat 2-3 times.
Do 3 sessions per day.



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SHOULDER - 11

Range of Motion Exercises
(Self-stretching activities):
External Rotation(alternate)

Keep palm of hand against door frame and elbow bent at 90 degrees. Turn body from fixed hand until a stretch is felt.
Hold 15 seconds.
Repeat 2-3 times.
Do 3 sessions per day.



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SHOULDER - 13

Range of Motion Exercises
(Self-stretching activities):
Caudal Glide

Grasp edge of table firmly and lean trunk away from stabilized arm.

Hold 15 seconds.
Repeat 2-3 times.
Do 3 sessions per day.



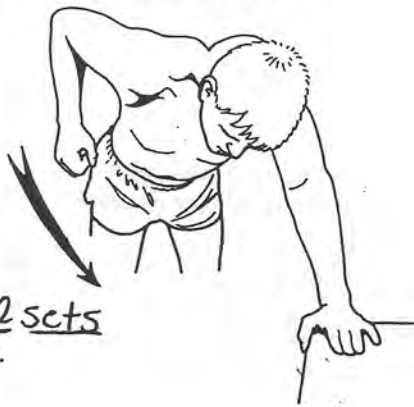
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SHOULDER - 27

Range of Motion Exercises (Codman's Exercises):
Saws (shoulder protraction/retraction)

Supporting body weight with hand on table, reach out in front of you. Pull arm back pinching shoulder blades together.

Repeat 5 times. - 2 sets
Do 3 sessions per day.

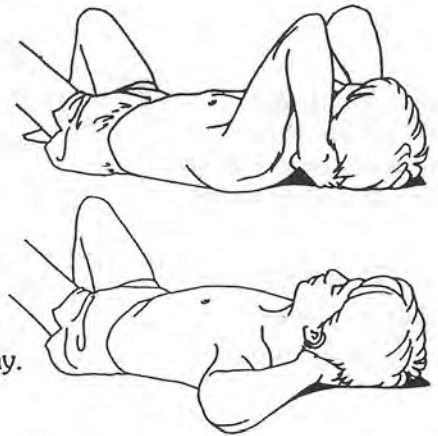


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SHOULDER - 56 Scapular Exercises
Retraction in Ext. Rotation

With fingers clasped behind head, pull elbows back while pinching shoulder blades together.

Hold 15 seconds.
Repeat 2-3 times.
Do 3 sessions per day.



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SHOULDER - 71 Inferior Capsule Stretch

Gently pull on elbow with opposite hand until a stretch is felt in shoulder.

Hold 15 seconds.
Repeat 2 repetitions/set.
Do 2 sets/session.
Do 3 sessions/day.



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SHOULDER - 72 Posterior Capsule Stretch

Gently pull on elbow with opposite hand until a stretch is felt in shoulder.

Hold 15 seconds.
Repeat 2 repetitions/set.
Do 2 sets/session.
Do 3 sessions/day.



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SHOULDER - 83
Standing Shoulder Flexion

Bring arms straight out in front and raise as high as possible without pain. Keep palm oriented _____.

Repeat _____ times per set.
Do 2 sets per session.
Do 3 sessions per day.



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Do these Lying down

SHOULDER - 85
Standing Shoulder External / Internal Rotation in Abduction

With upper arms parallel to floor and elbows bent at a right angle, gently rotate arm(s) upward then downward as far as possible without pain.

Repeat _____ times per set. Do 2 sets per session.
Do 3 sessions per day.



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SHOULDER - 86

Standing Shoulder External / Internal Rotation in Flexion



With upper arms straight out in front and parallel to floor, keep elbows bent at right angle and rotate upward and downward as far as possible without pain.

Repeat 5 times per set. Do 2 sets per session.

Do 3 sessions per day.

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SHOULDER - 87

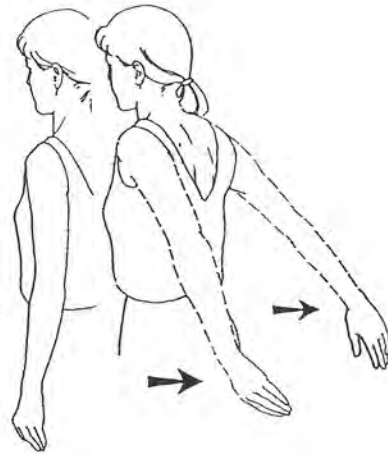
Standing Shoulder Extension

Bring arms straight behind you as far as possible without pain.

Repeat 5 times per set.

Do 2 sets per session.

Do 3 sessions per day.



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